

Teen Sports & Active Recreation

FUNDAMENTALS OF TENNIS

This is a course designed to teach the fundamentals, proper techniques and skill development to The players. Bring a tennis racket and dress appropriately. Space is limited, so sign up now!

Instructor: Mike Myers

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
2300.101	1/13-2/17	W	4:30pm-5:30pm	13-18yrs	6
2300.102	3/3-4/7	W	4:30pm-5:30pm	13-18yrs	6

Resident: \$77/ CRC Member: \$72

Non-Resident: \$82/ CRC Member: \$77

TEEN TENNIS LEAGUE

This junior program is designed for the individual who already knows how to play the game. He/she should be able to hit balls and rally consistently with a partner. The emphasis of the program is skill development and preparation for match play with the goal to prepare The Juniors for USA Team Tennis play. Bring a tennis racket and dress appropriately.

Instructor: Mike Myers

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
2300.103	1/14-2/18	TH	4:30pm-5:30pm	13-18yrs	6
2300.104	3/4-4/15	TH	4:30pm-5:30pm	13-18yrs	6

Resident: \$77/ CRC Member: \$72

Non-Resident: \$82/ CRC Member: \$77

HOME SCHOOL TEEN TENNIS

This program is designed to meet the needs of children and youths, who are being educated at home. No experience required. The focus of the class is on fundamental skills and technique. Bring a tennis racket and dress appropriately.

Instructor: Mike Myers

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
2300.105	1/12-2/16	T	11am-12pm	13-18yrs	6
2300.106	3/2-4/6	T	11am-12pm	13-18yrs	6

Resident: \$77/ CRC Member: \$72

Non-Resident: \$82/ CRC Member: \$77

JR. GOLF

(BEGINNER)

This 5 week class will teach golf fundamentals such as: the grip, the stance, putting, chipping, and full swing. This is a great introduction to the sport or to review and practice what you have learned. Please dress comfortably, bring water and wear sun screen. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Stuart Spence

Location: Eagle Ridge Golf Course, Gilroy

Activity#	Date	Day	Time	Age	Sessions
4631.101	1/9-2/6	SA	1pm-2pm	5-17yrs	5
4631.102	2/20-3/20	SA	1pm-2pm	5-17yrs	5
4631.103	4/3-5/1	SA	1pm-2pm	5-17yrs	5
4631.104	1/17-2/14	SU	1pm-2pm	5-17yrs	5
4631.105	2/28-3/28	SU	1pm-2pm	5-17yrs	5
4631.106	4/11-5/9	SU	1pm-2pm	5-17yrs	5

Resident: \$57 / CRC Member: \$52

Non-Resident: \$62 / CRC Member: \$57

TENNIS: PRIVATE LESSONS

These lessons are for individuals and/or small groups (1-4) people, who prefer individual attention and instruction. This is not available in a large class setting. Please call (408) 782-2128 to get more information.

Instructor: Michael Myers

Location: Community Park Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
4630.112	1/3-6/5	SU-SA	Anytime	5yrs+	1-8

1/2 Hour Lesson: \$25 / Hour Lesson: \$50

MOTHER & CHILD GOLF

Join this 5 week introductory class with your child and learn at an easy, fun pace. Plus, this class is a great opportunity to spend quality time together. Golf is fun to learn and share with kids. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Scott Krause

Location: Eagle Ridge Golf Course, Gilroy

Activity#	Date	Day	Time	Age	Sessions
4631.107	1/16-2/13	SA	1pm-2pm	4-15yrs	5
4631.108	2/27-3/27	SA	1pm-2pm	4-15yrs	5
4631.109	4/10-5/8	SA	1pm-2pm	4-15yrs	5

Resident: \$64 / CRC Member: \$59

Non-Resident: \$69 / CRC Member: \$64

KEMPO KARATE

(PRE- TEEN THRU ADULT)

Students will learn self defense techniques against grabs, punches, and kicks. They will gain confidence, self control, discipline, focus, respect, strength and flexibility and build character. Sparring will be practiced with matches and sparring drills. All students must purchase their own safety gear. Weapons such as the Bo Staff and Escrima Sticks will also be offered.

Instructors: Sifu Arceli Bell & Sifu Marieta De La Cruz

Location: Centennial Recreation Center, Multipurpose Room

Activity #	Date	Day	Time	Age	Sessions
4660.121	1/5- 1/26	T	6:15pm-7:00pm	11yrs+	4
4660.122	1/5 -1/28	T/TH	6:15pm-7:00pm	11yrs+	8
4660.123	2/2 - 2 /23	T	6:15pm-7:00pm	11yrs+	4
4660.124	2/2 - 2/25	T/TH	6:15pm-7:00pm	11yrs+	8
4660.125	3/2 - 3/30	T	6:15pm-7:00pm	11yrs+	5
4660.126	3/2 - 3/25	T/TH	6:15pm-7:00pm	11yrs+	8
4660.127	4/6 - 4/27	T	6:15pm-7:00pm	11yrs+	4
4660.128	4/6 - 4/29	T/TH	6:15pm-7:00pm	11yrs+	8
4660.129	5/4 - 5/25	T	6:15pm-7:00pm	11yrs+	4
4660.130	5/4 - 5/27	T/TH	6:15pm-7:00pm	11yrs+	8

Material Fee: \$99 due to instructor the first day of class. Includes: Uniform, gloves, 1 large Kempo patch and a folder with written material.

No material fee is required for the first class, but student cannot earn belt without a uniform

Drop in fee with pre-registration: \$15

4 week session

Resident Fee \$65 / CRC Member: \$60

Non-Resident Fee: \$75 / CRC Member: \$65

5 week session

Resident Fee \$70 / CRC Member: \$65

Non-Resident Fee: \$75 / CRC Member: \$70

8 week session

Resident Fee \$85 / CRC Member: \$80

Non-Resident Fee: \$90 / CRC Member: \$85

TEENS